

## Review of herbal anti histaminic and anti allergic drugs

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The symptoms of an allergic reaction communicate sensitization to certain antigens in the environment. Initiation of antigen reaction stimulates mast cells to release histamine into the blood which interacts with the cells to produce most of the symptoms of the allergy. Drugs that block only the action of histamine are known as antihistaminic while the drugs preventing mast cells from releasing histamine are considered as anti-allergic agents. Ayurveda considers Mandagni (Jadharagni in hypofunctional state) as the root cause of all diseases which produces Ama (Antigen/Visha). Drugs possessing Deepan, Pachan and Vishaghna properties may prevent histamine release and allergic reactions. Udardaprashmana, Kandughna, Swasahara group of drugs may prevent acute histaminic reaction. Keeping this concept in view a critical review was made about the herbs mentioned in the classical Ganas and aushadhyogas of compilatory works of medieval India in addition to reported activities during 20<sup>th</sup> century research works.

- To identify herbs with Antihistaminic and Antiallergy activity.
- To discuss safety and efficacy of herbal anti-histaminics over the drugs of modern medicine which may produce certain adverse effects like nausea, drowsiness, nasal burning etc.

**Methods:** Analysis of drugs mentioned in the management of pratishyaya, shwas, kasa, and skin conditions like Seetpitta, Udara, Vicharchika etc. was made. Review of research data mentioned in various journals and monographs was also analysed.

**Result:** Vishaghna and Udardaprashmana dashemani may have profound activity in controlling allergic reactions. Kandughna Dashemani may be useful to control fungal and allergic skin diseases. Pippali, Tulsi, Kantakari may be useful in the management of allergic disease of respiratory tract. *Azadirachta indica* (Nimba), *Albezzia lebbeck* (Shirish), *Glycerrhyza glabra* (Yashtimadhu) etc. have provided ample scientific evidence for antihistaminic activity.

**Conclusion:** Recent researches confirmed Anti-histaminic and Anti-allergic activity of *Adhatoda vasica* (vaasaa), *Aloe vera* (kumari), *Azadirachta indica* (nimba), *Curcuma zedoaria* (karchura), *Nigella sativa* (upakunchikaa), *Inula racemosa* (pushkarmoola), *Tinospora cordifolia* (guduchi), *Benincasa hispida* (krushmanda) etc. which are safer to use.

### Biography

Sneha Kalaskar have pursued her graduation B.A.M.S from RA Podar ayurvedic medical college worli Mumbai. Currently she is pursuing her master's degree from I.P.G.T Jamnagar gujrat in dravya gunn department (ayurvedic medicines). She is interested in the blend of ayurvedic cosmetology.

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